HEARTFULNESS
INTERNATIONAL SCHOOL
OMEGA BRANCH

EDUCATING MINDS
EMPOWERING
HEARTS



CAMBRIDGE

INTERNATIONAL BACCALAUREATE
DIPLOMA PROGRAMME

ABOUT HIS OMEGA



Heartfulness International School, Omega Branch-International offers CBSE, Cambridge, and IB Diploma pathways across a lush, eco-conscious campus. From Montessori beginnings to Grade XII, students thrive through academics, sports, and values-based education, guided by the Heartfulness ethos nurturing global citizens rooted in compassion, sustainability and holistic growth.

VISION

Heartfulness International School aspires for excellence by fostering a lifelong love for learning and providing an innovative, joyful and dynamic environment that inspires creativity and cultivates intuition. It aims to nurture well-rounded, resilient individuals who demonstrate inner leadership and contribute towards global sustainability and harmony.

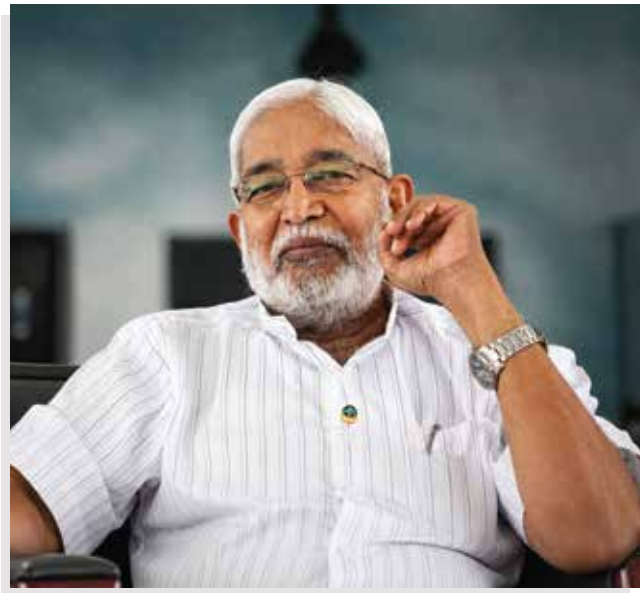
GUIDING PHILOSOPHY

"हृदयादेव सर्वं वदि्याधनम्"

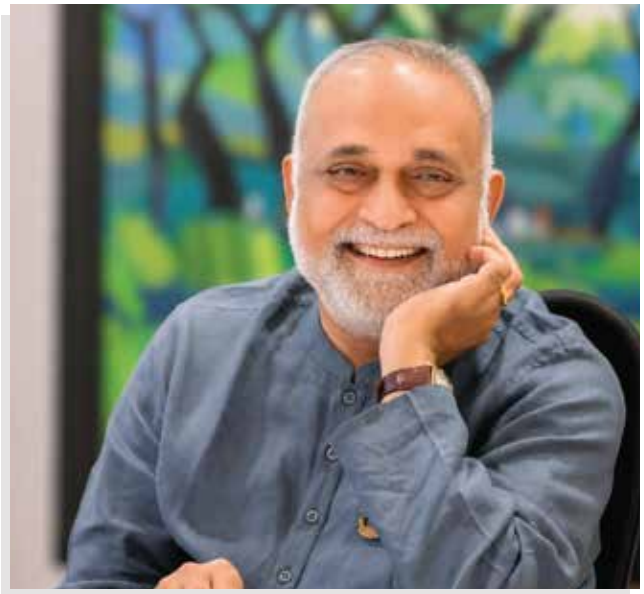
"All knowledge stems from the heart."

HIS OMEGA'S GUIDING LIGHTS

Our school is a Heartful Campus which brings out the best within the student by balancing the heart and mind. The core vision is to help transform every student into a bold thinker, having the capability to transform self and society.



CHARIJI



DAAJI

Heartfulness offers a simple set of meditative practices and lifestyle changes, first developed at the turn of the 20th century and formalised into teaching through Shree Ramachandra Mission in 1945 in India with a goal to bring peace, happiness and wisdom to one's hearts at a time. These practices are the modern form of yoga designed to support contentment, inner calm, stillness, compassion, courage and clarity of thought as the first step towards purposive life. They are simple and easily adopted and appropriate for people from all walks of life, cultures, religious beliefs and economic situations who are the age of fifteen. On going training in Heartfulness practices is going on in thousands of schools and colleges, and over 1,00,000 professionals are meditating in corporations,non-governmental and governmental organizations world wide. More than 5000 Heartfulness Centres are supported by many thousands of certified volunteer trainers and millions of practitioners in 160 countries.

OUR LEADERSHIP TEAM



RAJESH RATHOD
CHAIRMAN



BHARATH MADHAVAN
CORRESPONDENT



SUBRAMANIAN V
CHIEF FINANCIAL OFFICER



BHAVANISHANKAR
DIRECTOR - STRATEGY
RESEARCH & INNOVATION



DIVYA SAMVIT RAJAGOPALAN
HEAD OF SCHOOL

ENHANCING EXPERIENCES AT HIS OMEGA

THE RESOURCE CENTRE

The HIS-Omega Library nurtures a lifelong love for reading through a diverse collection of books, journals, and digital resources. Thoughtfully designed reading spaces encourage exploration and research, empowering students to become confident, informed, and curious thinkers.





EXPERIENTIAL LEARNING LABS

HIS Omega's International Curriculum Campus offers fullyequipped Physics, Chemistry, Biology, Math and Computer Science labs for hands-on, inquiry-based learning. These modern facilities give students real-world exposure to scientific concepts, nurturing curiosity, critical thinking,

LEARNING SPACES

At HIS Omega, we are committed to creating the most conducive and innovative learning environments for our students. Our air-conditioned classrooms, equipped with wifi, interactive panels and smart boards, provide the ideal setting for teaching and learning, ensuring students remain comfortable, engaged, and empowered to reach their full potential.





SPORTS ARENA

Spread across 4 acres, Omega Sports amenities nurture talent through professional coaching in cricket, football, basketball, hockey, athletics, skating, and kho-kho offering match-level exposure, district league ownership, and on-campus medical support.

HEALTH ROOM

The Health Rooms on campus provide first medical opinion, first-aid, and basic medical care to all students of HIS-OMEGA. The Department of Health Room is handled by experienced Doctors and supported by qualified Staff Nurses along with caretakers.





NUTRITION & WELLNESS

Understanding every child's nutritional needs, HIS-Omega chefs thoughtfully plan and prepare fresh vegetarian meals using quality ingredients, delivering balanced, wholesome lunches that promote wellness, healthy habits, and lifelong well-being. Freshly Crafted,Nutrionally Balanced, Mindfully Served.

PAPER RECYCLING PLANT

Our students recycle waste paper and cloth at our mini paper plant to create handmade paper, which is then transformed into aesthetically designed stationery products. These products are used within the school and are also available for sale.





WASTE MANAGEMENT

Students also learn pot composting and work closely with the local community to help convert kitchen waste into organic manure. Through these meaningful initiatives, we take pride in being a **ZERO WASTE FACILITY** .

WEATHER STATION

An automatic rain gauge (ARG) station which runs on solar power has been installed in the School campus by the Indian Meteorological Department.





GREEN CAMPUS- BIO DIVERSITY CONSERVATION

Over 300 trees, representing 100 different native species, have been planted by students across thecampus over the past three years. The school also runs an apiary program with ten hives placed along the banks of the Adyar Link Canal .

The Adyar Link Canal, a wastewater canal running adjacent to the campus, has been entrusted to the school's custodianship by the Tamil Nadu Government. Students and staff are working together to transform it into a sustainable ecosystem, efforts that have already attracted a variety of wetland birds, fish, and animals to the area.

WATER MANAGEMENT

A rainwater storage capacity of nearly three million litres been created to capture and store rooftop runoff from all campus buildings. All groundwater is treated for consumption through four RO plants with a combined capacity of 4,500 litres/hour.

All wastewater generated from campus toilets, laundry, and kitchens is treated through five STP and ETP plants. The treated grey water from these plants, along with the RO discharge water, is reused for garden irrigation across the campus ensuring **NO effluent runoff** beyond campus limits.





MONTESSORI @ HIS Omega

The Omega Montessori offers hands-on learning experiences in a child-centered environment to our toddlers, enabling them to become self-directed students, who are well-rounded and academically proficient. Our certified teachers and appropriate activities augment the child development process. As students are encouraged to explore and learn at their own pace, each child develops at their own rhythm, imbibing confidence and a strong sense of self-discipline.

Montessori classrooms also emphasize hands-on, experiential learning, which enhances critical thinking and problem-solving skills. The multi-age grouping in Omega's Montessori setting promote social and emotional development, as older children mentor younger ones, creating a supportive community.

The first and most important principle of our method is that every useless help given to the child becomes an obstacle to his development."

– Maria Montessori

CAMBRIDGE LEARNING JOURNEY

CAMBRIDGE PRIMARY

5 to 10 years old*

- English (1st & 2nd Language)
- Mathematics
- Science
- ICT
- Cambridge Global Perspectives

CAMBRIDGE LOWER SECONDARY

11 to 14 years old*

- English (1st & 2nd Language)
- Mathematics
- Science
- ICT
- Cambridge Global Perspectives

CAMBRIDGE UPPER SECONDARY

14 to 16 years old*

A wide choice of subjects at :

- Cambridge IGCSE* (70+ subjects)
- Cambridge O Level (40+ subjects)
- Cambridge ICE Certificate

CAMBRIDGE ADVANCED

16 to 19 years old*

A wide choice of subjects at :

- Cambridge International AS & A Level (55+ subjects)
- Cambridge Pre-U (20+ subjects)
- Cambridge AICE Diploma

Primary (5 to 11 years) :

Develops foundational knowledge and curiosity.

Lower Secondary (11 to 14 years) :

Builds on core subjects with skills-based learning.

Upper Secondary (14 to 16 years) :

Offers a range of subjects with international perspective.

As & A Levels (16 to 19 years) :

Prepares students for university-level study, with in-depth specialization.



Cambridge Primary | Grades I to V

The Cambridge primary curriculum builds a strong foundation in the core subjects, while developing skills and competencies through active learning and project based challenges. Structured formative tasks and summative assessments evaluate academic and holistic progress. The Cambridge Checkpoint is a diagnostic assessment that marks students' progress at the end of the primary years.

THE SUBJECTS ARE

First Language
English

Second Language
Hindi, Tamil, French, German, Spanish
(Foreign languages are offered from Grade IV)

Mathematics

Science

Global Perspectives

Computing & Digital Literacy

Social Studies (for Grades IV & V)

Co-Scholastic Subjects
Edusports, Arts & Crafts, Yoga, Music, Dance, Life Skills Activities, Value Based Spiritual Education





Cambridge Lower Secondary | Grades VI-VIII

The Cambridge lower secondary curriculum builds a strong foundation in the core subjects, while developing skills and competencies through active learning and project based challenges. Structured formative tasks and summative assessments evaluate academic and holistic progress. The Cambridge Checkpoint is a diagnostic assessment that marks students' progress at the end of the lower secondary years. The Cambridge Lower Secondary Checkpoint taken at the end of Grade 8 marks student progress and identifies learning gaps.

THE SUBJECTS ARE

First Language
English

Second Language
Hindi, Tamil, French, German, Spanish

Mathematics

Science

Global Perspectives

Computing & Digital Literacy

Environmental Management

Co-Scholastic Subjects
Sports, MADD (Music, Arts, Dance, Drama)
Life Skills Activities,Value Based Spiritual Education





CAMBRIDGE UPPER SECONDARY (IGCSE) | GRADES IX-X

Cambridge IGCSE helps enhance performance by developing skills in creative thinking, inquiry, and problem-solving. It serves as the perfect springboard to advanced study. The subjects offered ensure a broad-based learning experience, preparing students for the future requirements of any course chosen at the Higher Secondary level.

School based assessments including formatives and summatives prepare students for Cambridge administered board examinations at the IGClevel in Grade 10. Students undergo structured revisions, slip tests, past paper practice, and board exam simulations.



THE SUBJECTS ARE

First Language
English (0500)

Second Language
English (0510)

Second Language
Hindi, Tamil, French, German, Spanish

Mathematics (0580)

Physics (0625)

Chemistry (0620)

Biology (0610)



Economics (0455)

Accounting (0452)

Global Perspectives (0457)

Art & Design (0400)

Information and Communication Technology (0417)

Computer Science (0478)

Environmental Management (0680)



Co-Scholastic Subjects

Physical Education, Life Skills Activities, Value Based Spiritual Education, Music, Dance, Arts, Dramatics, Career Counselling

Students typically take up 7 to 8 subjects at the IGCSE level. A minimum of 5 subjects are required to get the IGCSE certificate.

CAMBRIDGE ADVANCED | AS & A LEVELS

Cambridge AS and A Levels develop a deep understanding of the subjects while nurturing independent thinking skills. Taken over two years, the Advanced Subsidiary (AS) Level covers the first half of the course, while a full Advanced (A) Level is covered in two years. Rigorous and globally recognized, Cambridge International AS and A Levels are equivalent to Grades 11 and 12, allowing learners to focus in depth on a minimum of three and a maximum of five subjects tailored to their university and career goals. The Cambridge A Level is recognized as equivalent to Grade 12 by the Association of Indian Universities (AIU) and is accepted by top universities worldwide.

School based assessments including formatives and summatives prepare students for Cambridge administered board examinations at both the AS and A Levels.

SUBJECTS AT THE SCHOOL OFFER DIVERSITY AND FLEXIBILITY TO EVERY ADVANCED LEARNER.

- **English Language** (9093)
- **English General Paper** (8021)
- **Pure Mathematics & Statistics** (9709)
- **Physics** (9702)
- **Chemistry** (9701)
- **Biology** (9700)
- **Computer Science** (9618)



Global Perspective & Research (9249)

Accounting (9706)

Psychology (9990)

Economics (9708)

Business (9609)



Co-Scholastic Subjects

Physical Education, Life Skills Activities,Value Based Spiritual Education,Career Counselling



IBDP PROGRAMME

The International Baccalaureate Diploma Programme (IBDP) is a rigorous and balanced programme of education, tailored for students aged 16 to 19 in Grades 11 and 12. It aims to prepare them comprehensively for success at the university level and beyond. The IBDP is designed to foster not only academic skills but also personal growth, encouraging students to develop resilience, time management, and effective research and communication skills.



Subject Groups

The IBDP consists of six subject groups, ensuring a well-rounded education. Students choose courses from the following categories: Language and Literature, Language Acquisition, Individuals and Societies, Sciences, Mathematics, and the Arts.

The IB Diploma Programme offers over 20 subject combinations at both Higher and Standard Levels

Group 1

Language A
English Language and Literature

Group 2

Ab initio & Standard Level
French | Hindi | Tamil | Spanish | German

Group 3

Business Management, Economics, Psychology.

Group 4

Biology, Chemistry, Physics, Computer Science, Environmental Systems and Societies(ESS) and Sports Education and Health Sciences(SEHS)

Group 5

Mathematics - Analysis & Approaches(AA) and Applications & Interpretations(AI)

Group 6

Visual Arts

THE DP CORE

In addition to the subject groups, the IBDP includes three core components:

Theory of Knowledge (TOK): A course that encourages students to reflect on the nature of knowledge and how we know what we claim to know.

Extended Essay (EE): A 4,000-word independent research project that allows students to explore a topic of interest in depth.

Creativity, Activity, Service (CAS): A component that promotes experiential learning through a balance of creative, physical, and community service activities.



CLUBS

The clubs at the International Stream offer a vibrant spectrum of activities that encourage learners to explore their passions beyond academics, engage socially and develop new talents. The school offers the following clubs for the students of Grades VI to XII.



SOORYODHAYA
INTERACT CLUB



INFINITY MATH CLUB



SNACKERS
THE COOKERY CLUB



ECO CLUB



DEBATE CLUB



MUN CLUB



ADVENTURE
CLUB



STEMSQUAD
ROBOTICS CLUB



CODEX
CODING & AMP AI CLUB



HARMONY ECHOES
THE MUSIC CLUB



BRAINIAC
THE QUIZ GK CLUB



FINSPIRE
FINANCIAL LITERACY CLUB

CHARTING FUTURE PATHWAYS

Counselling & Career Guidance

At HIS Omega, the Counselling & Career Guidance Department plays a vital role in supporting students socioemotional well-being and future planning. A dedicated team conducts individual and group sessions in a safe, caring environment. Students Grade 9 up receive career guidance through regular counselling and exposure to opportunities. The school hosts career fairs in collaboration with reputed partners including KIC UnivAssist, Inspired Valley, and UnivBrijj,IDP and others connecting students directly with Indian and international universities. These events offer insights into courses, admission criteria, scholarships, Campus life,and placements.





SAT Coaching & Profile Building

The school's collaboration with Manya The Princeton Review provides students with access to expert coaching for the Digital SAT and IELTS at subsidised rates. The courses are delivered by the institute's specialist faculty. Students interested in enrolling may contact the Career Counsellors for further information and details.



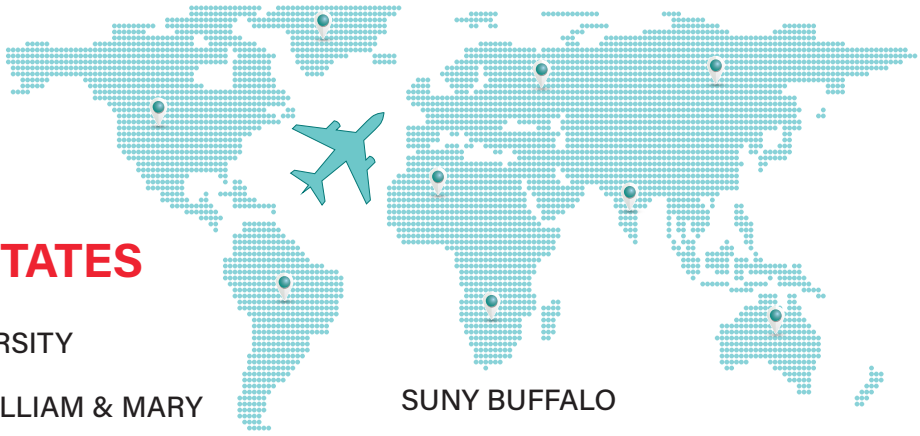
CIALFO - College & Career Planning Platform

Students from Grade 9 can access the Cialfo platform for expert advice on careers, global study options,scholarships, and university applications. It also facilitates tuition payments via Flywire and secure transcript dispatch through Parchment, streamlining the higher education process.





GLOBAL PLACEMENTS



UNITED STATES

PURDUE UNIVERSITY

COLLEGE OF WILLIAM & MARY

UNIVERSITY OF CALIFORNIA, DAVIS

UNIVERSITY OF ARIZONA

UNIVERSITY OF TENNESSEE

UNIVERSITY OF CINCINNATI

SANTA CLARA UNIVERSITY

CASE WESTERN RESERVE UNIVERSITY

SUNY BUFFALO

STONY BROOK UNIVERSITY

UNIVERSITY OF MINNESOTA

OHIO STATE UNIVERSITY

UNIVERSITY OF PITTSBURG

ARIZONA STATE UNIVERSITY

UNIVERSITY OF SAN FRANCISCO

UNITED KINGDOM

THE UNIVERSITY OF MANCHESTER

OXFORD BROOKS UNIVERSITY

IMPERIAL COLLEGE, LONDON

UNIVERSITY OF BRISTOL

THE UNIVERSITY OF WARWICK

SINGAPORE

NATIONAL UNIVERSITY OF SINGAPORE

NANYANG TECHNOLOGICAL UNIVERSITY

IRELAND

TRINITY COLLEGE DUBLIN

COLUMBIA

UNIVERSITY OF BRITISH COLUMBIA

NEWZEALAND

UNIVERSITY OF AUCKLAND



SOUTH AFRICA

THE UNIVERSITY OF JOHANNESBURG

HONGKONG

HONG KONG UNIVERSITY

GERMANY

CONSTRUCTOR UNIVERSITY

FURTWANGON INSTITUTE OF APPLIED SCIENCES

SOUTH KOREA

SEOUL NATIONAL UNIVERSITY

YONSEI UNIVERSITY

HANSEO UNIVERSITY

CANADA

UNIVERSITY OF NEW BRUNSWICK

DALHOUSIE UNIVERSITY

UNIVERSITY OF MOUNT ALISON

AUSTRALIA

UNIVERSITY OF NEW SOUTH WALES

AUSTRALIA NATIONAL UNIVERSITY

UNIVERSITY OF MELBOURNE

INDIA

CEPT UNIVERSITY

KREA UNIVERSITY

AHMEDABAD UNIVERSITY

SAVEETHA MEDICAL COLLEGE

SRM INSTITUTE OF SCIENCE & TECH

VELLORE INSTITUTE OF TECHNOLOGY

MANIPAL INSTITUTE OF TECHNOLOGY

USRI RAM CHANDRA FACULTY OF BIOMEDICAL SCIENCES & TECH



ACADEMIC EXCELLENCE - CAMBRIDGE

IGCSE

- D SHALOM FILLBERT 1A* — 2020 BATCH
- SHARATH ANAND 2A* — 2021 BATCH
- K R BHARATRAJ 3A* — 2022 BATCH
- NISHEVITHA VENKATESH 1A* — 2023 BATCH
- JENIFER E 4A* — 2024 BATCH
- RAJA RAM RAJU 2A* — 2025 BATCH
- VISHRUTHI BALAJI 3A* — 2026 BATCH

A LEVELS

- 2020 BATCH — 7A* SINDHUJA SATHEESH
- 2021 BATCH — 7A* RITESH SIVARAMAN
- 2022 BATCH — 8A* MAHATI SATHISH
- 2023 BATCH — 6A* PRANITA RAAMAKRISHNA
- 2024 BATCH — 8A* ESHAPURNIKKA VENKATESH
- 2025 BATCH — 7A* SRISHTI VENKAT SRINIVASAN
- 2026 BATCH — 7A* DHAKSHAN RAMESH

ACADEMIC EXCELLENCE - IBDP

- 2017 BATCH — 41/45 SEYOUNG LEE
- 2018 BATCH — 42/45 HYUNGUN JANG
- 2019 BATCH — 38/45 KAUSTAV MEHTA
- 2020 BATCH — 38/45 SRUTHISRI SUNDARAM
- 2021 BATCH — 43/45 SIDDARTH SHYAMSUNDAR THARRA SETHURATHNAM
- 2022 BATCH — 39/45 SINDHUJA SATHEESH
- 2023 BATCH — 43/45 ANNAPURNA SIVA
- 2024 BATCH — 42/45 ANANYA RIJAL
- 2025 BATCH — 40/45 A NAVEEN SRIRAM
- 2026 BATCH — 44/45 ADHITIHA CHEZHIAN

HEARTS THAT TEACH, MINDS THAT GROW



Our teachers are our greatest asset. Building a community of motivated educators, ones equipped to meet the evolving demands of today's classrooms, students, and parents, has always been at the heart of our strength.

At Heartfulness International School, we do not simply hire teachers, we nurture a Learning Community. Every staff member is encouraged to continue their own growth, whether through advanced degrees or participation in certified education conferences. Teacher training is an ongoing, year round commitment. Our schools conduct in depth assessments to identify the specific training needs of our educators, and specialised training programmes are held twice a year, alongside additional national and international sessions aligned with curriculum requirements. Our teachers delivering the Cambridge and IBDP curricula are certified in these programmes, ensuring every learner is guided by educators trained to the highest international standards. Every teacher undergoes rigorous preparation in teaching and learning before stepping into the classroom as a facilitator.

Warmth towards children and genuine passion for teaching and learning remain our foremost recruitment priorities, alongside prior experience (in India and abroad) and academic qualifications.

"A good teacher can inspire hope, ignite the imagination, and instil a love of learning."

— Brad Henry

PARENT TESTIMONIALS

PARENT OF KRITIN K.V, CLASS III-E

I am happy to pen this,
I am writing to express my sincere appreciation for the learning experience my son is having at your school.

I want to highlight the outstanding impact of the CIS stream and its curriculum.The conceptual clarity and personalized attention he receives have built much confidence in his learning journey. Beyond academics, the school's encouragement to participate in competitive analytical exams like Logiqids and the NASO has truly sharpened his critical thinking.

The hands-on activities for science and math has truly improved his approach. Instead of just memorizing the concepts,he is able to experience them practically.This has built his confidence in understanding of core STEM subjects.

The physical and visual arrangement of the classroom is incredibly engaging the child. The teachers have created a welcoming space that my son has zero fear when it comes to speaking up and sharing his opinions or clearing his doubts. The way the teacher address individual student queries with so much patience and clarity has made a huge difference .My son now feels much more confident.

In addition to this their dedication to sports and various extracurricular activities are fantastic.These programs have not only helped him stay physically active but have also taught him valuable lessons in teamwork,discipline and leadership.
He comes home happy every single day to share about everything he learned and experienced.

Thankyou to the dedicated teachers, and staff who continuously mentor and inspire the students.

PARENT OF NEHAN HRUDAY.B ,CLASS V-C

I am writing to express my heartfelt appreciation for the spectacular Annual Day Function held 7th February 2026. It was a truly memorable evening, and the dedication behind organizing such a large-scale event was evident in every detail.
The performances were marvelous, and it was heartening to see the children perform with such confidence and enthusiasm.
It wasn't just a function, but a celebration of the growth and potential within each child
The efforts put in by the teachers and staff to coordinate the entire show were outstanding.
Thank you for being such positive role models and inspiring a love for learning. Thank you for providing a platform for the students to showcase their talents and for fostering such a vibrant, supportive school environment.
We deeply appreciate the immense effort in organising this grand event.
Our child's journey with you has been amazing, and today was proof of that.
Thank you once again Divya ma'am, Johnsy ma'am, Nowmiya ma'am and all the staff who were involved in a grand success of the annual day.

ALUMNI - RITESH SIVARAMAN (IB - 2023)

I graduated from Omega in 2023 with an IB Diploma score of 42/45 and am now pursuing a Bachelor of Advanced Computing (R&D) with Honours at the Australian National University, specialising in Artificial Intelligence and Machine Learning.

Today, I work across AI research, teaching and industry, researching automated planning, teaching programming and formal logic at ANU, and interning in Data and AI at IBM Australia. I also co-founded the ANU AI & ML Society, which has grown to over 400 members.

"Looking back, I realise that many of the things I do today began at Omega "

From teaching programming to a junior, managing the school carnival, presenting at a student congress on climate policy, and developing software for a real client through HL Computer Science, Omega gave me opportunities to step beyond the classroom.

At sixteen, I wrote that I struggled with self confidence and hesitated to take risks.My teachers encouraged me to step forward anyway. That belief in me continues to shape where I am today

Omega taught me not just what to learn, but to step forward and make something of what I learn

PARENT OF MAHALINGAM

I am writing to express my sincere appreciation for the outstanding organization and execution of this year's School Annual Day. The event was a testament to the school's commitment to providing a holistic learning experience, and I was thoroughly impressed by the talent, creativity, and enthusiasm displayed by the students.
The performances were engaging, and the Math theme was thoughtfully chosen and beautifully executed. I particularly enjoyed the Yoga dance and my Son Mahalingam's Kaleidoscope dance.
The annual report presented during the event was comprehensive and gave a clear overview of the school's achievements and progress. Can easily understand because of the visual presentation.

Kudos to the teachers, staff, and students involved in making it a memorable day! Thank you for creating such a positive and uplifting experience for my child, Mahalingam. It's evident that the school community is dedicated to fostering a supportive and nurturing environment.
Please extend my appreciation to the entire team.

PARENT OF NEHAN HRUDAY.B ,CLASS V-C

We are truly happy with the learning experience our son is receiving at his school. The school provides every child with equal opportunities to participate in a wide range of activities, helping them explore their interests, discover their potential, and develop confidence.

One of the things we particularly appreciate is the equal opportunity given to every student during events such as Sports Day and Annual Day. The school makes a genuine effort to identify and nurture each child's individual talents. From art, drama, sports, news reading, debates, and book reading to academics, robotics, Olympiads, LogIQids, and various international competitions, there is something for every child to explore and enjoy.

Our son genuinely looks forward to going to school every day. He often comes home excited to share what he has learned, enthusiastically talking about new topics and experiences. It is wonderful to see his curiosity and confidence growing every day.

The teachers are warm, approachable, and encouraging. They create an environment where children feel comfortable asking questions, expressing themselves, and clearing their doubts without hesitation.

We can truly see how the school is shaping our son into a happy, confident, curious, and well-rounded child while giving him exposure to opportunities that go far beyond the classroom. We are grateful to the school and its wonderful teachers for creating such a positive and enriching learning journey for him.

ALUMNI - SANYA SOMASUNDRAM (IB - 2022)

CEO OF YOGAM AGRO PRODUCTS PVT LTD.

From an Omega Student to Building My Own Brand

My journey at HIS Omega taught me much more than academics. The CIS curriculum nurtured my critical thinking, independence, and curiosity, while my experience as a Junior Kutumba Captain helped me develop leadership, teamwork, and a sense of responsibility.After graduating, I pursued a triple major in English, Psychology, and Journalism at Jain University, Bengaluru, where I explored filmmaking, digital marketing, event management, and research. These experiences helped me grow both creatively and professionally.

From working as a Content Researcher and Analyst to contributing to my family business - Yummyroo, across digital marketing, social media, and product development, every experience has shaped my entrepreneurial journey. Today, as CEO of Yogam Agro Products Pvt. Ltd., I am working towards taking our premium brand to the next level.

To the students graduating from HIS Omega, I would say:

Do everything. Participate, try new things and step outside your comfort zone, even when you're scared. You might discover that you're good at something you never expected, and you never know when that experience will come in handy.

PARENT OF YASH - DELHI STUDENT

Summer Immersion Programme for Yash Sharma @ HIS-Omega

Dear Anand mam, Divya mam and Bhavani Shankar sir, Please accept my apologies for the delay in responding. Unfortunately, your email was directed to a folder that I do not routinely check, and I only recently became aware of it.

Indeed, Yash had a very meaningful, enriching, and positively immersive experience at HIS Omega. We are extremely grateful for the opportunity that was extended to him and for the support and encouragement he received throughout the programme.
I will work with Yash to prepare and submit a Google review reflecting his experience and learning journey at the school.

Thank you once again for your support and for making Yash's time at HIS Omega such a memorable and rewarding experience. We wish the school continued success and look forward to staying connected.

PARENT TESTIMONIALS

PARENT OF NAVEEN SRIRAM (IBY2)

As parents, we've seen an incredible transformation in Naveen through his IBDP journey. The IB programme, supported by the immense efforts of the teachers and faculty, has been about much more than academics. Over these two years, Naveen has grown from a quiet student into a confident, curious, and open-minded leader ready for the future.

PARENT OF GAREN MAGDIEL

It's been a great journey with Heartfulness International School (Cambridge) over the last 5 years. What I like the most is the initiative taken by the school focusing on the overall development of a student apart from the regular syllabus. The competitions hosted by each department brings out the skills from students in various ways. Also, the green campus with great infrastructure is certainly a plus. Wishing the school many more successful years of imparting quality education and congrats to the management, academic team and support staff who have been doing some great work in the last few years.

PARENT OF TAMOGNA SEC : "1 A"

As a parent navigating school options for a 6 -year-old, finding a primary section that balances foundational academics with a genuinely warm, anxiety-free transition has been our biggest priority. At HIS Primary, we found exactly that. The way the teachers seamlessly bridge play-based engagement with early structural learning without overwhelming the children is remarkable. It's a progressive environment where our child is genuinely excited to go to school every morning, and as parents, seeing that innate curiosity nurtured in a safe community gives us complete confidence. Moving beyond just textbooks, the school focuses heavily on character development and values in a safe, warm environment. Our child has grown not just academically, but in confidence and independence.

Special mention and thanks to all the teachers for their dedication and efforts.

PARENT OF RITESH (IBY2)

Ritesh moved beyond rote learning, to critical thinking, and problem solving, essential for advanced academic work. His ability to pursue an Advanced Computing R&D Degree is a direct result of the IB's interdisciplinary design.

PARENT OF KIMAYA FROM 2-C

We've been really happy with our experience at Heartfulness Omega International School – CIS. What we particularly like is how the school encourages children to be curious, ask questions, and think differently rather than just learn from books. There's a great mix of activities that focus on creativity and mental stimulation, while also giving importance to physical health and overall well-being. It's been lovely to see our daughter enjoy learning and become more curious and confident along the way.

PARENT OF DHUWAARAK (V-C)

Hi I am Rogini mom of Dhuwaarak studying in grade 5 of CIS.We are very happy with the wonderful learning environment at HIS .The dedication, efforts, and kindness of the teachers have made a great difference in my son's learning. Their constant encouragement, patience, and individual attention have helped him study well, become more confident, and develop a positive attitude towards learning. We are truly grateful to all HIS teachers for their support and care.
We appreciate the variety of competitions conducted throughout the year, including academic, drawing, storytelling, spelling, public speaking and other creative activities. These opportunities encourage children to showcase their talents, build confidence, develop creativity, and learn teamwork and healthy competition.
The library programme is another wonderful initiative. Students can borrow books for a week and return them after reading, which encourages them to develop a regular reading habit while also teaching them responsibility and care for books.
Overall, we are grateful to HIS Primary for providing such wonderful opportunities for academic learning, creativity, confidence, and overall development. We are very happy to be part of the HIS.

PARENT OF SANAV PRASANNA (V-B)

As a parent, I am delighted with the HIS Primary programme at Heartfulness International School, Omega Branch.
The school's regular student-focused initiatives make learning joyful, engaging and experiential.
I especially appreciate its emphasis on life skills and value-based activities, which supports children's holistic development.
It is heartening to see my child growing into a curious, confident and responsible learner in such a nurturing environment.

PARENT OF AMIZTHINI VB

As a proud parent, I have watched my daughter grow beautifully since Grade 1 at Heartfulness International School. Now in Grade 5, her journey with the Cambridge Syllabus has shaped her into an independent, confident learner who is very clear about her goals and needs.Her academic progress is wonderful to see. Thanks to the school's excellent library collection and the engaging Lit Circle Challenge program, her reading habits have grown immensely, which has steadily boosted her creative writing. While her vocabulary still needs some fine-tuning, her overall progress is clear. Including Yoga in the curriculum is a fantastic touch, and the Global Perspectives subject provides great insights into the world, though its classroom delivery could be slightly more polished. Similarly, while the core teaching is strong, adding more hands-on experiments in Science would help connect theory with practical life.What truly stands out is the school's amazing co-curricular program. The extracurricular activities are spectacular, sparking great creativity and a healthy sense of competition among the students. Most importantly, my daughter is genuinely happy to go to school every day, thriving in what has been a truly positive and enriching learning environment.

PARENT OF MUDHRA SIMHA - 4B, ARJUN SIMHA - 2A

My experience with HIS Omega has been wonderful so far. Both my children have started there from Montessori and are really happy and love their school. The teachers are absolutely delightful and very helpful and understanding. I think they really are making a huge difference in shaping up their lives. The kind of care and attention both my children have been receiving has been wonderful and really grateful to the teachers and the entire faculty. Looking forward to continue this journey.

PARENT OF SHREYA SHANKAR (IBY2)

In line with the saying, "A true competitive edge is not built on beating others, but on constantly becoming better than you were yesterday," the IB way of learning has nurtured Shreya's curiosity, critical thinking, global-mindedness, and research orientation. These qualities have truly shaped her ability to thrive in a rapidly changing world and something clearly reflected in her approach to higher education.

PARENT OF ARSHIYA KHANAM

Enrolling my children Zeeshan H Khan, (currently in grade 11 As Level) and Aiza M Khan (currently in grade 8 CIS) in HIS 10 years back was one of the best decisions i could take for my children. Their primary teachers were extreamly accommodating, loving and caring towards them. They even provided special care towards them as they had come from a completely different background. The teachers were extreamly dedicated, fun and very much approachable. They worked tirelessly to create a balance between strong acedemics, nurturing independence and developing critical thinking in children, while at the same time helping and guiding them towards healthy expression of feelings and emotions. I as a mother admire their balance between acedemic excellence and their holistic approach while ensuring 100% student support.

HALL OF PRIDE

2018

EDUCATION WORLD INDIA SCHOOL RANKING

Ranked all India No 1 in the International Day

Education World India School Ranking - All India No 10

2019

BRITISH COUNCIL INTERNATIONAL SCHOOL AWARD

Period 2019–2022

2019

GLOBAL INNOVATIVE SCHOOL AWARDS

BITS Pilani - category of Innovation in Pedagogy

2019

EDUCATION WORLD INDIA SCHOOL RANKING

Ranked all India No 8 in the International Day cum Boarding School

Education World India School Ranking - All India **#6** for Multi Sports Culture

2022

BRAINFEED SCHOOL EXCELLENCE AWARD

Top 500 Schools of India

2022

BRITISH COUNCIL INTERNATIONAL SCHOOL AWARD

Period 2019–2022

2022

TIMES EDUCATION ICONS AWARDS

Top International School and Top Innovation School in Chennai west zone.

2023

ET TECH X SCHOOL EXCELLENCE AWARDS

Trailblazer School of the Year

2024

EDUCATION WORLD INDIA SCHOOL RANKING

Ranked No. 2 among International Day Schools in Chennai and Tamil Nadu

2024

EDUCATION WORLD INDIA SCHOOL GRAND JURY RANKINGS

Ranked 4th in India, 2nd in Tamil Nadu & Chennai in the category of "SDG Committed Schools

2025

EDUCATION WORLD INDIA SCHOOL RANKING

All India Ranking 12 and 2nd Rank in Chennai

2025

CFORE SCHOOL RANKINGS

Ranked #12 in India – Best Schools with International Curriculum

Ranked #1 in Tamil Nadu and Chennai – Best Schools with International Curriculum

2025

GLOBAL EDUCATORS CONCLAVE

Most Outstanding School

2025

CAMBRIDGE SCHOOL AWARDS

One of the Top Cambridge Schools in South Asia, shortlisted among 7 finalists from 750 schools.

2025

LAMPS AWARDS

Best Principal – Innovative Administrative Strategies

2025

ET TECH K12 SCHOOLS EXCELLENCE AWARDS

Best Academic Excellence School

Education World India School Ranking - All India No 10

2025

PETIA AWARDS FOR TECH EXCELLENCE

PRINCIPAL'S EXCELLENCE IN TECH INTEGRATION AWARDS

2025

EDULEADERS SUMMIT AND AWARDS

Principal of the year 2025

2026

RISING INDIA EDULEADERS SUMMIT

PRINCIPALS VALLEY -RISING INDIA EDULEADER OF THE YEAR

2026

GLOBAL EDUCATION CONCLAVE (GEC)

SCHOOL OF THE YEAR

2026

INDIAN ACHIEVERS AWARD

INDIAN ACHIEVER'S AWARD 2026-FOR THE SCHOOL CATEGORY

2026

FUTURE EDUCATION CONCLAVE

Educator of the Year FED Award for being Top 100 schools

2026

CFORE RANKING 2026

No.1 in Chennai and No. 13 in India - Best School for Indian Curriculum

2026

EDUCATION WORLD AWARDS 2026 - ISRA

Indian School Ranking Awards 2026 - Chennai - 2, TN - 2, All India -19

2026

EDUCATION WORLD AWARDS 2026 - LEADERSHIP AWARD & GRAND JURY AWARD

Transformational Leadership Award 2026

Leaders in Holistic student devlopement excellence

PAVING EXPOSURES

























HEARTFULNESS INTERNATIONAL SCHOOL
OMEGA BRANCH

CBSE | CAMBRIDGE | IBDP | NIOS | INDIGO (SPECIAL EDUCATION)
MONTESSORI | KINDERGARTEN

OMEGAINTLSCHOOL

WWW.HISOMEGA.ORG